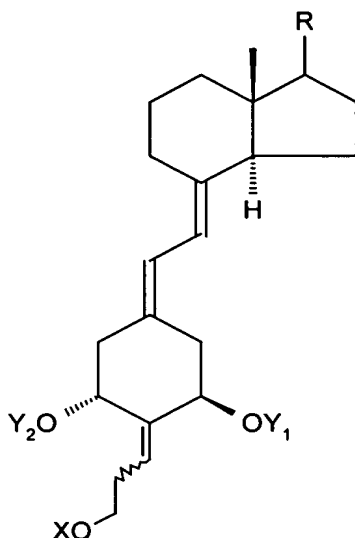


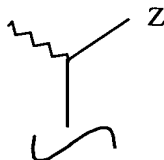
• •

1. A compound having the formula:



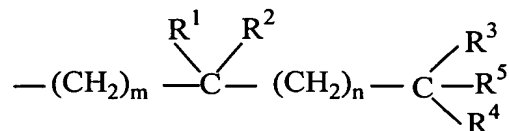
where Y₁ and Y₂, which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and

- 5 aryloxyalkyl, and where the group R is represented by the structure:



where the stereochemical center at carbon 20 may have the R or S configuration, and where Z is selected from Y, -OY, -CH₂OY, -C≡CY and -CH=CHY, where the double bond may have the cis or trans geometry, and where Y is selected from hydrogen,

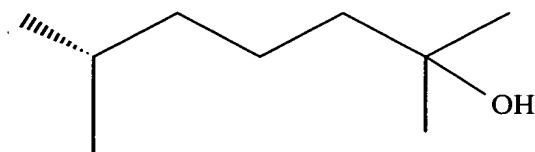
- 10 methyl, -COR⁵ and a radical of the structure:



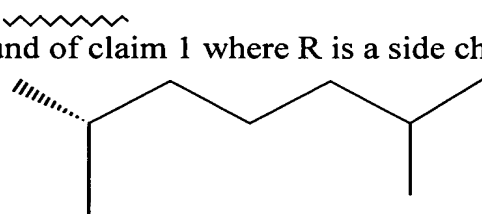
where m and n, independently, represent the integers from 0 to 5, where R¹ is selected from hydrogen, deuterium, hydroxy, protected hydroxy, fluoro, trifluoromethyl, and

C₁₋₅-alkyl, which may be straight chain or branched and, optionally, bear a hydroxy
 15 or protected-hydroxy substituent, and where each of R², R³, and R⁴, independently, is
 selected from deuterium, deuteroalkyl, hydrogen, fluoro, trifluoromethyl and C₁₋₅
 alkyl, which may be straight-chain or branched, and optionally, bear a hydroxy or
 protected-hydroxy substituent, and where R¹ and R², taken together, represent an oxo
 group, or an alkylidene group, =CR²R³, or the group -(CH₂)_p-, where p is an integer
 20 from 2 to 5, and where R³ and R⁴, taken together, represent an oxo group, or the
 group -(CH₂)_q-, where q is an integer from 2 to 5, and where R⁵ represents hydrogen,
 hydroxy, protected hydroxy, or C₁₋₅ alkyl and wherein any of the CH-groups at
 positions 20, 22, or 23 in the side chain may be replaced by a nitrogen atom, or where
 any of the groups -CH(CH₃)-, -(CH₂)_m-, -(CH₂)_n-, or -(CR₁R₂)- at positions 20, 22,
 25 and 23, respectively, may be replaced by an oxygen or sulfur atom.

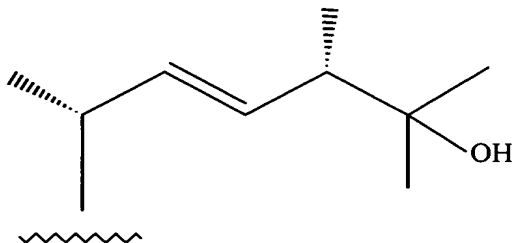
2. The compound of claim 1 where R is a side chain of the formula



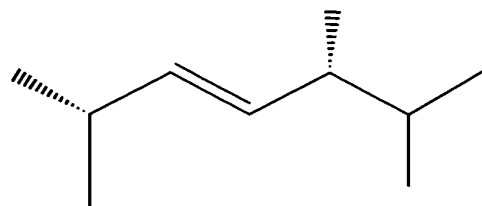
3. The compound of claim 1 where R is a side chain of the formula



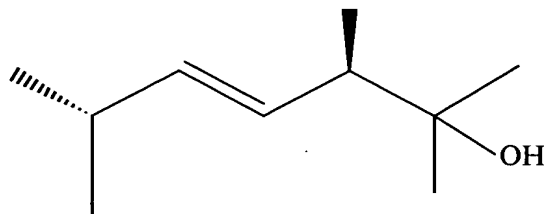
4. The compound of claim 1 where R is a side chain of the formula



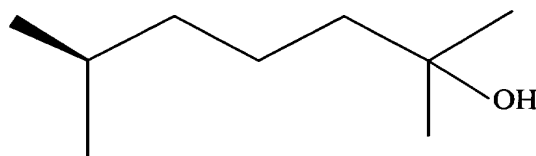
5. The compound of claim 1 where R is a side chain of the formula



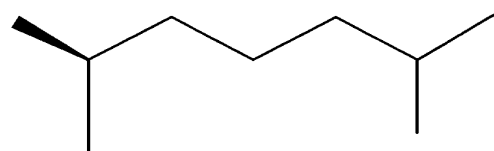
6. The compound of claim 1 where R is a side chain of the formula



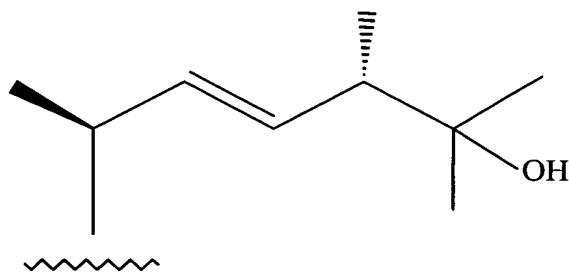
7. The compound of claim 1 where R is a side chain of the formula



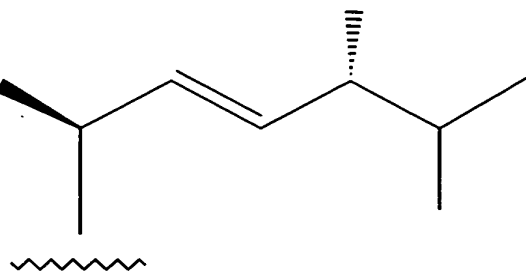
8. The compound of claim 1 where R is a side chain of the formula



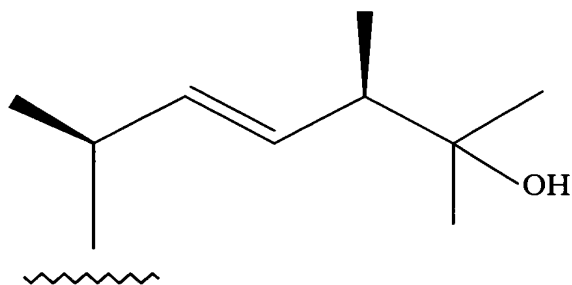
9. The compound of claim 1 where R is a side chain of the formula



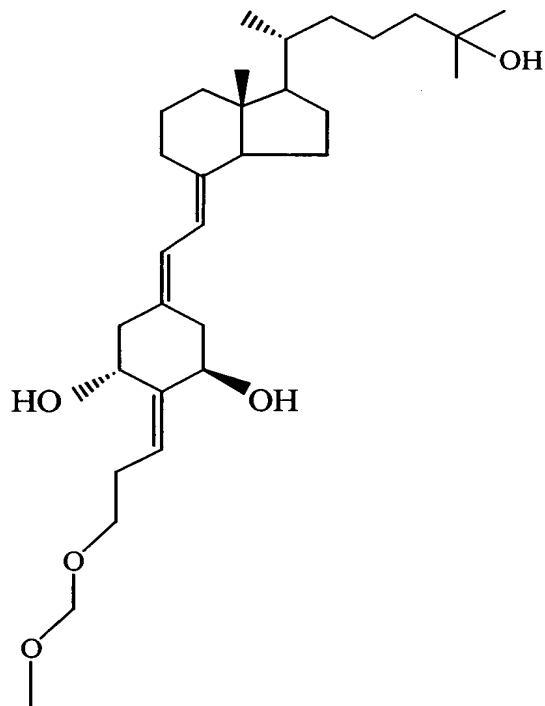
10. The compound of claim 1 where R is a side chain of the formula



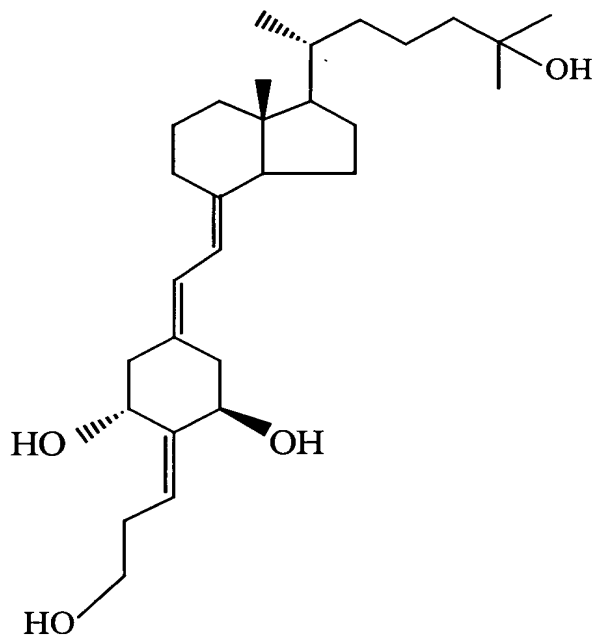
11. The compound of claim 1 where R is a side chain of the formula



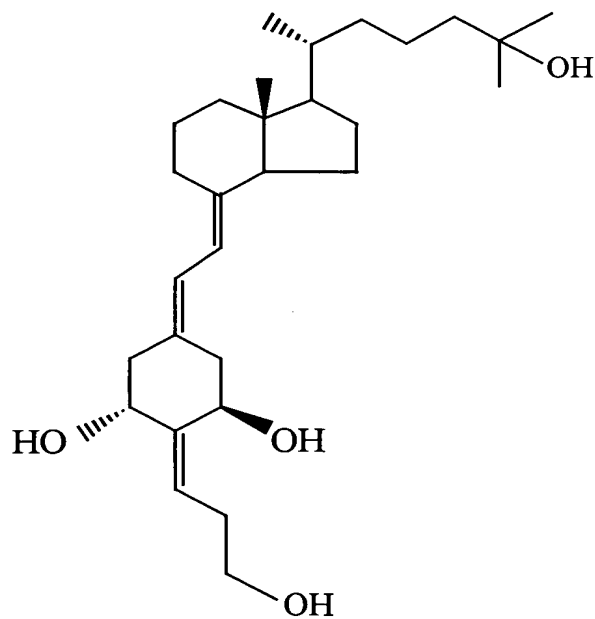
12. 2-[(3'-methoxymethoxy)propylidene]-19-nor-1 α ,25-(OH) $_2$ D $_3$ having the formula:



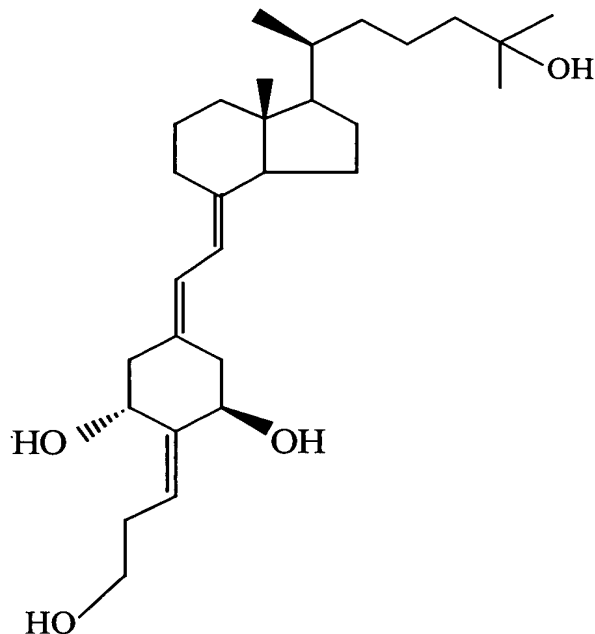
13. 2-(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH) $_2$ D $_3$ (E-isomer) having the formula:



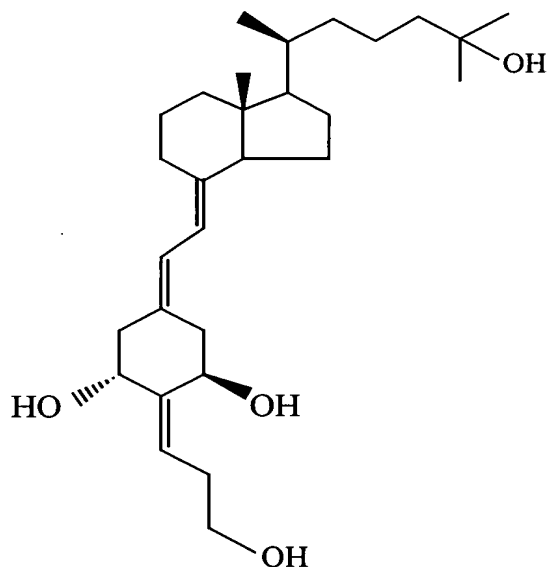
14. 2-(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH) $_2$ D $_3$ (Z-isomer) having the formula:



15. 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (E-isomer)
 having the formula:



16. 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (Z-isomer)
 having the formula:



17. A pharmaceutical composition containing an effective amount of at least one compound as claimed in claim 1 together with a pharmaceutically acceptable excipient.

18. The pharmaceutical composition of claim 17 wherein said effective amount comprises from about 0.01 μ g to about 100 μ g per gram of composition.

19. The pharmaceutical composition of claim 17 wherein said effective amount comprises from about 0.1 μ g to about 50 μ g per gram of composition.

20. The pharmaceutical composition of claim 17 containing 2-[(3'-methoxymethoxy)propylidene]-19-nor-1 α ,25-(OH)₂D₃ in an amount from about 0.01 μ g to about 100 μ g.

21. The pharmaceutical composition of claim 17 containing 2-[(3'-methoxymethoxy)propylidene]-19-nor-1 α ,25-(OH)₂D₃ in an amount from about 0.1 μ g to about 50 μ g.

22. The pharmaceutical composition of claim 17 containing 2-(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH)₂D₃ (E-isomer) in an amount from about 0.01 μ g to about 100 μ g.

23. The pharmaceutical composition of claim 17 containing 2-(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH)₂D₃ (E-isomer) in an amount from about 0.1 μ g to about 50 μ g.

24. The pharmaceutical composition of claim 17 containing 2-(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH)₂D₃ (Z-isomer) in an amount from about 0.01 μ g to about 100 μ g.

25. The pharmaceutical composition of claim 17 containing 2-(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH)₂D₃ (Z-isomer) in an amount from about 0.1 μ g to about 50 μ g.

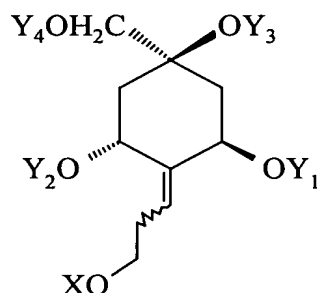
26. The pharmaceutical composition of claim 17 containing 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (E-isomer) in an amount from about 0.01 μ g to about 100 μ g.

27. The pharmaceutical composition of claim 17 containing 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (E-isomer) in an amount from about 0.1 μ g to about 50 μ g.

28. The pharmaceutical composition of claim 17 containing 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (Z-isomer) in an amount from about 0.01 μ g to about 100 μ g.

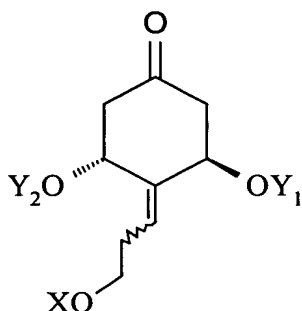
29. The pharmaceutical composition of claim 17 containing 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (Z-isomer) in an amount from about 0.1 μ g to about 50 μ g.

30. A compound having the formula:



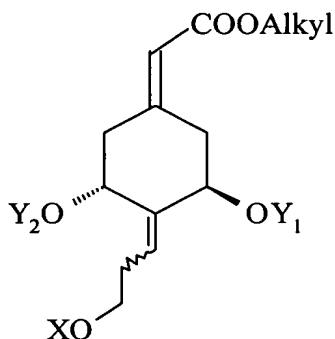
where Y₁, Y₂, Y₃ and Y₄, which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, and where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl.

31. A compound having the formula:



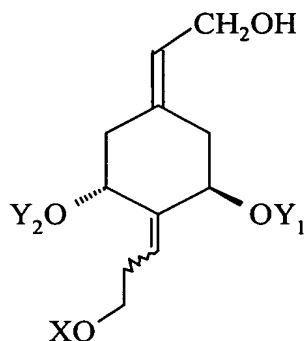
where Y_1 and Y_2 , which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, and where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl.

32. A compound having the formula:



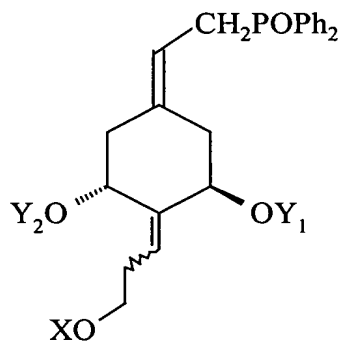
where Y_1 and Y_2 , which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, and where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl.

33. A compound having the formula:



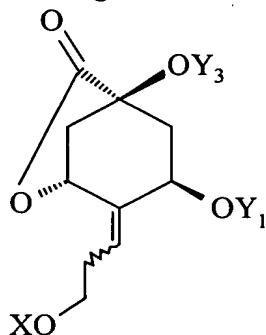
where Y_1 and Y_2 , which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, and where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl.

34. A compound having the formula:



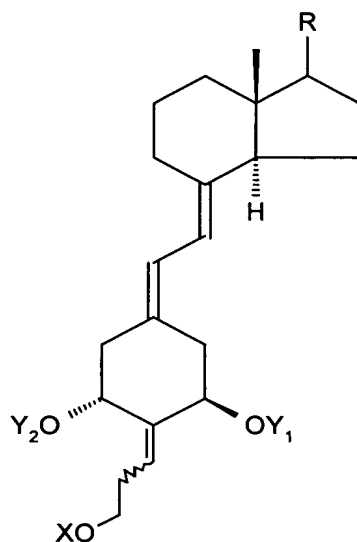
where Y_1 and Y_2 , which may be the same or different, are each selected from the group consisting of hydrogen and hydroxy-protecting group, and where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl.

35. A compound having the formula:



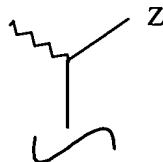
where Y₁ and Y₃, which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, and where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl.

36. A method of treating metabolic bone disease where it is desired to maintain or increase bone mass comprising administering to a patient with said disease an effective amount of a compound having the formula:

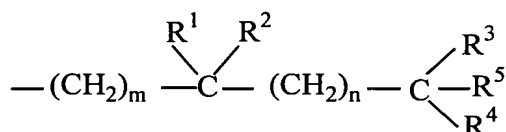


where Y₁ and Y₂, which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, where X may be an alkyl, hydrogen,

hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl, and where the group R is represented by the structure:



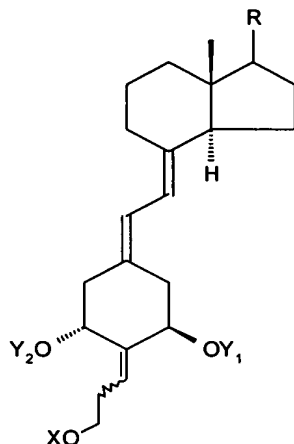
where the stereochemical center at carbon 20 may have the R or S configuration, and where Z is selected from the Y, $-OY$, $-CH_2OY$, $-C\equiv CY$ and $-CH=CHY$, where the double bond may have the cis or trans geometry, and where Y is selected from hydrogen, methyl, $-COR^5$ and a radical of the structure:



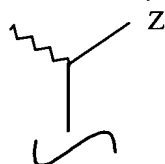
where m and n, independently, represent the integers from 0 to 5, where R^1 is selected from hydrogen, deuterium, hydroxy, protected hydroxy, fluoro, trifluoromethyl, and C_{1-5} -alkyl, which may be straight chain or branched and, optionally, bear a hydroxy or protected-hydroxy substituent, and where each of R^2 , R^3 , and R^4 , independently, is selected from deuterium, deuterioalkyl, hydrogen, fluoro, trifluoromethyl and C_{1-5} alkyl, which may be straight-chain or branched, and optionally, bear a hydroxy or protected-hydroxy substituent, and where R^1 and R^2 , taken together, represent an oxo group, or an alkylidene group, $=CR^2R^3$, or the group $-(CH_2)_p-$, where p is an integer from 2 to 5, and where R^3 and R^4 , taken together, represent an oxo group, or the group $-(CH_2)_q-$, where q is an integer from 2 to 5, and where R^5 represents hydrogen, hydroxy, protected hydroxy, or C_{1-5} alkyl and wherein any of the CH-groups at positions 20, 22, or 23 in the side chain may be replaced by a nitrogen atom, or where any of the groups $-\text{CH}(\text{CH}_3)-$, $-(CH_2)_m-$, $(CH_2)_n$ or $-(CR_1R_2)-$ at positions 20, 22, and 23, respectively, may be replaced by an oxygen or sulfur atom.

37. The method of claim 36 where the disease is senile osteoporosis.
38. The method of claim 36 where the disease is postmenopausal osteoporosis.
39. The method of claim 36 where the disease is steroid-induced osteoporosis.
40. The method of claim 36 where the disease is low bone turnover osteoporosis.
41. The method of claim 36 where the disease is osteomalacia.
42. The method of claim 36 where the disease is renal osteodystrophy.
43. The method of claim 36 wherein the compound is administered orally.
44. The method of claim 36 wherein the compound is administered parenterally.
45. The method of claim 36 wherein the compound is administered transdermally.
46. The method of claim 36 wherein the compound is administered in a dosage of from 0.01 μ g to 100 μ g per day.
47. The method of claim 36 wherein the compound is 2-(3'-methoxymethoxy)propylidene)-19-nor-1 α ,25-(OH)₂D₃.
48. The method of claim 36 wherein the compound is 2-(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH)₂D₃ (E-isomer).
49. The method of claim 36 wherein the compound is 2-(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH)₂D₃ (Z-isomer).
50. The method of claim 36 wherein the compound is 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (E-isomer).
51. The method of claim 36 wherein the compound is 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (Z-isomer).

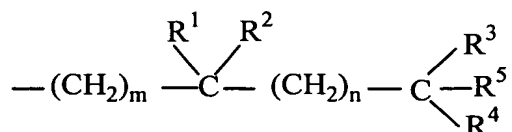
52. A method of treating psoriasis comprising administering to a patient with psoriasis an effective amount of a compound having the formula:



where Y_1 and Y_2 , which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl, and where the group R is represented by the structure:



where the stereochemical center at carbon 20 may have the R or S configuration, and where Z is selected from the Y, $-OY$, $-CH_2OY$, $-C\equiv CY$ and $-CH=CHY$, where the double bond may have the cis or trans geometry, and where Y is selected from hydrogen, methyl, $-COR^5$ and a radical of the structure:



where m and n, independently, represent the integers from 0 to 5, where R^1 is selected from hydrogen, deuterium, hydroxy, protected hydroxy, fluoro, trifluoromethyl, and C_{1-5} -alkyl, which may be straight chain or branched and, optionally, bear a hydroxy

or protected-hydroxy substituent, and where each of R^2 , R^3 , and R^4 , independently, is selected from deuterium, deuterioalkyl, hydrogen, fluoro, trifluoromethyl and C_{1-5} alkyl, which may be straight-chain or branched, and optionally, bear a hydroxy or protected-hydroxy substituent, and where R^1 and R^2 , taken together, represent an oxo group, or an alkylidene group, $=CR^2R^3$, or the group $-(CH_2)_p-$, where p is an integer from 2 to 5, and where R^3 and R^4 , taken together, represent an oxo group, or the group $-(CH_2)_q-$, where q is an integer from 2 to 5, and where R^5 represents hydrogen, hydroxy, protected hydroxy, or C_{1-5} alkyl and wherein any of the CH-groups at positions 20, 22, or 23 in the side chain may be replaced by a nitrogen atom, or where any of the groups $-CH(CH_3)-$, $-(CH_2)_m-$, $(CH_2)_n$ or $-(CR_1R_2)-$ at positions 20, 22, and 23, respectively, may be replaced by an oxygen or sulfur atom.

53. The method of claim 52 wherein the compound is administered orally.

54. The method of claim 52 wherein the compound is administered parenterally.

55. The method of claim 52 wherein the compound is administered transdermally.

56. The method of claim 52 wherein the compound is administered topically.

57. The method of claim 52 wherein said effective amount comprises about $0.01\mu\text{g/day}$ to about $100\mu\text{g/day}$ of said compound.

58. The method of claim 52 wherein the compound is 2-[3'-methoxymethoxy)propylidene]-19-nor- $1\alpha,25-(OH)_2D_3$.

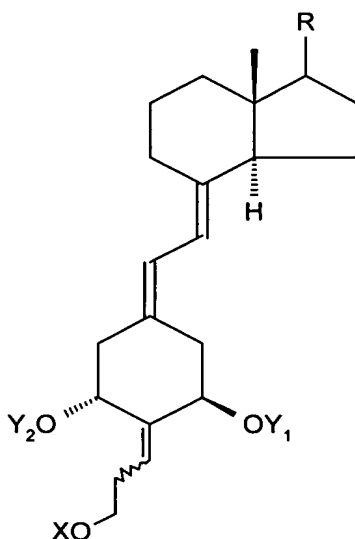
59. The method of claim 52 wherein the compound is 2-(3'-hydroxypropylidene)-19-nor- $1\alpha,25-(OH)_2D_3$ (E-isomer).

60. The method of claim 52 wherein the compound is 2-(3'-hydroxypropylidene)-19-nor- $1\alpha,25-(OH)_2D_3$ (Z-isomer).

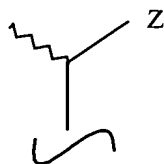
61. The method of claim 52 wherein the compound is 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (E-isomer).

62. The method of claim 52 wherein the compound is 2-(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH)₂D₃ (Z-isomer).

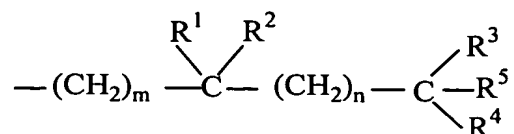
63. A method of treating leukemia, colon cancer, breast cancer, skin cancer or prostate cancer comprising administering to a patient an effective amount of a compound having the formula:



where Y₁ and Y₂ which the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl, and where the group R is represented by the structure:



where the stereochemical center at carbon 20 may have the R or S configuration, and where Z is selected from Y, -OY, -CH₂OY, -C \equiv CY and -CH=CHY, where the double bond may have the cis or trans geometry, and where Y is selected from hydrogen, methyl, -COR⁵ and a radical of the structure:



where m and n, independently, represent the integers from 0 to 5, where R¹ is selected from hydrogen, deuterium, hydroxy, protected hydroxy, fluoro, trifluoromethyl, and C₁₋₅-alkyl, which may be straight chain or branched and, optionally, bear a hydroxy or protected-hydroxy substituent, and where each of R², R³, and R⁴, independently, is selected from deuterium, deuterioalkyl, hydrogen, fluoro, trifluoromethyl and C₁₋₅ alkyl, which may be straight-chain or branched, and optionally, bear a hydroxy or protected-hydroxy substituent, and where R¹ and R², taken together, represent an oxo group, or an alkylidene group, =CR²R³, or the group -(CH₂)_p-, where p is an integer from 2 to 5, and where R³ and R⁴, taken together, represent an oxo group, or the group -(CH₂)_q-, where q is an integer from 2 to 5, and where R⁵ represents hydrogen, hydroxy, protected hydroxy, or C₁₋₅ alkyl and wherein any of the CH-groups at positions 20, 22, or 23 in the side chain may be replaced by a nitrogen atom, or where any of the groups -CH(CH₃)-, -(CH₂)_m-, -(CH₂)_n- or (CR₁R₂)- at positions 20, 22, and 23, respectively, may be replaced by an oxygen or sulfur atom.

64. The method of claim 63 wherein the compound is administered orally.

65. The method of claim 63 wherein the compound is administered parenterally.

66. The method of claim 63 wherein the compound is administered transdermally.

67. The method of claim 63 wherein the compound is administered in a dosage of from about 0.01 µg/day to about 100 µg/day.

68. The method of claim 63 wherein the compound is 2-[(3'-methoxymethoxy)propylidene]-19-nor-1α,25-(OH)₂D₃.

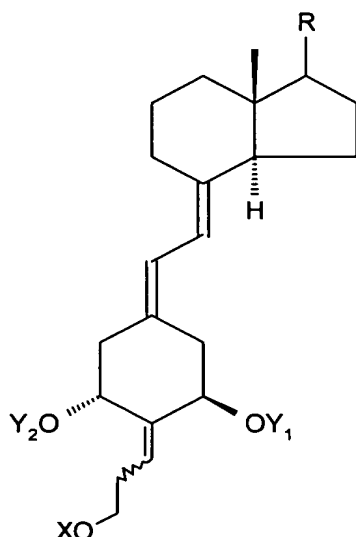
69. The method of claim 63 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-1α,25-(OH)₂D₃ (E-isomer).

70. The method of claim 63 wherein the compound is 2-[(3'-hydroxypropylidene]-19-nor-1 α ,25-(OH)₂D₃ (Z-isomer).

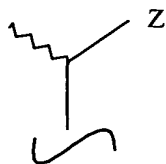
71. The method of claim 63 wherein the compound is 2-[(3'-hydroxypropylidene]-19-nor-(20S)-1 α ,25-(OH)₂D₃ (E-isomer).

72. The method of claim 63 wherein the compound is 2-[(3'-hydroxypropylidene]-19-nor-(20S)-1 α ,25-(OH)₂D₃ (Z-isomer).

73. A method of increasing the strength of a bone comprising administering to a patient in need of such treatment an effective amount of a compound having the formula:

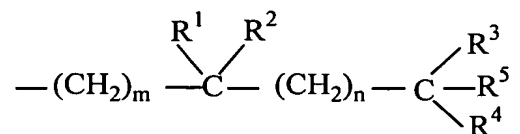


where Y₁ and Y₂, which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl, and aryloxyalkyl and where the group R is represented by the structure:



where the stereochemical center at carbon 20 may have the R or S configuration, and where Z is selected from Y, -OY, -CH₂OY, -C \equiv CY and -CH=CHY, where the double

bond may have the cis or trans geometry, and where Y is selected from hydrogen, methyl, -COR⁵ and a radical of the structure:



where m and n, independently, represent the integers from 0 to 5, where R¹ is selected from hydrogen, deuterium, hydroxy, protected hydroxy, fluoro, trifluoromethyl, and C₁₋₅-alkyl, which may be straight chain or branched and, optionally, bear a hydroxy or protected-hydroxy substituent, and where each of R², R³, and R⁴, independently, is selected from deuterium, deutoalkyl, hydrogen, fluoro, trifluoromethyl and C₁₋₅ alkyl, which may be straight-chain or branched, and optionally, bear a hydroxy or protected-hydroxy substituent, and where R¹ and R², taken together, represent an oxo group, or an alkylidene group, =CR²R³, or the group -(CH₂)_p-, where p is an integer from 2 to 5, and where R³ and R⁴, taken together, represent an oxo group, or the group -(CH₂)_q-, where q is an integer from 2 to 5, and where R⁵ represents hydrogen, hydroxy, protected hydroxy, or C₁₋₅ alkyl and wherein any of the CH-groups at positions 20, 22, or 23 in the side chain may be replaced by a nitrogen atom, or where any of the groups -CH(CH₃)-, -(CH₂)_m-, -(CH₂)_n- or (CR₁R₂)- at positions 20, 22, and 23, respectively, may be replaced by an oxygen or sulfur atom.

74. The method of claim 73 wherein the bone strength is cortical strength.

75. The method of claim 73 wherein the bone strength is trabecular strength.

76. The method of claim 73 wherein the compound is administered orally.

77. The method of claim 73 wherein the compound is administered parenterally.

78. The method of claim 73 wherein the compound is administered transdermally.

79. The method of claim 73 wherein the compound is administered in a dosage of from 0.01μg to 100μg per day.

80. The method of claim 73 wherein the compound is 2-[(3'-methoxymethoxy)propylidene]-19-nor-1 α ,25-(OH) $_2$ D $_3$.

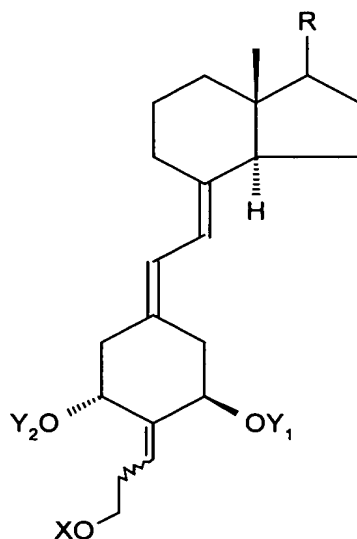
81. The method of claim 73 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH) $_2$ D $_3$ (E-isomer).

82. The method of claim 73 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH) $_2$ D $_3$ (Z-isomer).

83. The method of claim 73 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH) $_2$ D $_3$ (E-isomer).

84. The method of claim 73 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH) $_2$ D $_3$ (Z-isomer).

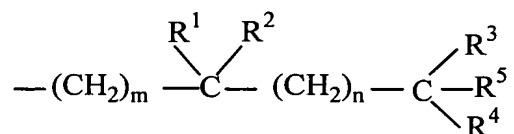
85. A method of treating an autoimmune disease comprising administering to a patient with said disease an effective amount of a compound having the formula



where Y_1 and Y_2 which may be the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl, and where the group R is represented by the structure:



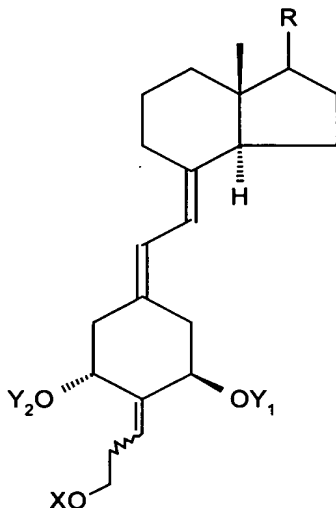
where the stereochemical center at carbon 20 may have the R or S configuration, and where Z is selected from Y, -OY, -CH₂OY, -C≡CY and -CH=CHY, where the double bond may have the cis or trans geometry, and where Y is selected from hydrogen, methyl, -COR⁵ and a radical of the structure:



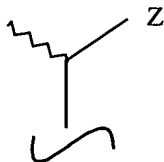
where m and n, independently, represent the integers from 0 to 5, where R¹ is selected from hydrogen, deuterium, hydroxy, protected hydroxy, fluoro, trifluoromethyl, and C₁₋₅-alkyl, which may be straight chain or branched and, optionally, bear a hydroxy or protected-hydroxy substituent, and where each of R², R³, and R⁴, independently, is selected from deuterium, deuterioalkyl, hydrogen, fluoro, trifluoromethyl and C₁₋₅ alkyl, which may be straight-chain or branched, and optionally, bear a hydroxy or protected-hydroxy substituent, and where R¹ and R², taken together, represent an oxo group, or an alkylidene group, =CR²R³, or the group -(CH₂)_p-, where p is an integer from 2 to 5, and where R³ and R⁴, taken together, represent an oxo group, or the group -(CH₂)_q-, where q is an integer from 2 to 5, and where R⁵ represents hydrogen, hydroxy, protected hydroxy, or C₁₋₅ alkyl and wherein any of the CH-groups at positions 20, 22, or 23 in the side chain may be replaced by a nitrogen atom, or where any of the groups -CH(CH₃)-, -(CH₂)_m-, -(CH₂)_n-, or -(CR₁R₂)- at positions 20, 22, and 23, respectively, may be replaced by an oxygen or sulfur atom.

86. The method of claim 85 where the disease is multiple sclerosis.
87. The method of claim 85 where the disease is diabetes mellitus.
88. The method of claim 85 where the disease is lupus.
89. The method of claim 85 wherein the compound is administered orally.
90. The method of claim 85 wherein the compound is administered parenterally.
91. The method of claim 85 wherein the compound is administered transdermally.
92. The method of claim 85 wherein the compound is administered in a dosage of from about 0.01 $\mu\text{g/day}$ to about 100 $\mu\text{g/day}$.
93. The method of claim 85 wherein the compound is 2-[(3'-methoxymethoxy)propylidene]-19-nor-1 α ,25-(OH) $_2$ D $_3$.
94. The method of claim 85 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH) $_2$ D $_3$ (E-isomer).
95. The method of claim 85 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH) $_2$ D $_3$ (Z-isomer).
96. The method of claim 85 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH) $_2$ D $_3$ (E-isomer).
97. The method of claim 85 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-(20S)-1 α ,25-(OH) $_2$ D $_3$ (Z-isomer).

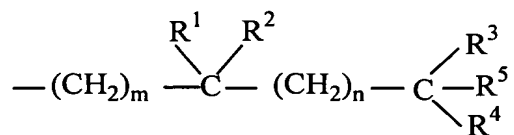
98. A method of treating an inflammatory bowel disease comprising administering to a patient with said disease an effective amount of a compound having the formula



where Y_1 and Y_2 which the same or different, are each selected from the group consisting of hydrogen and a hydroxy-protecting group, where X may be an alkyl, hydrogen, hydroxy-protecting group, hydroxyalkyl, alkoxyalkyl and aryloxyalkyl, and where the group R is represented by the structure:



where the stereochemical center at carbon 20 may have the R or S configuration, and where Z is selected from Y, -OY, -CH₂OY, -C≡CY and -CH=CHY, where the double bond may have the cis or trans geometry, and where Y is selected from hydrogen, methyl, -COR⁵ and a radical of the structure:



where m and n, independently, represent the integers from 0 to 5, where R¹ is selected from hydrogen, deuterium, hydroxy, protected hydroxy, fluoro, trifluoromethyl, and C₁₋₅-alkyl, which may be straight chain or branched and, optionally, bear a hydroxy

or protected-hydroxy substituent, and where each of R^2 , R^3 , and R^4 , independently, is selected from deuterium, deuterioalkyl, hydrogen, fluoro, trifluoromethyl and C_{1-5} alkyl, which may be straight-chain or branched, and optionally, bear a hydroxy or protected-hydroxy substituent, and where R^1 and R^2 , taken together, represent an oxo group, or an alkylidene group, $=CR^2R^3$, or the group $-(CH_2)_p-$, where p is an integer from 2 to 5, and where R^3 and R^4 , taken together, represent an oxo group, or the group $-(CH_2)_q-$, where q is an integer from 2 to 5, and where R^5 represents hydrogen, hydroxy, protected hydroxy, or C_{1-5} alkyl and wherein any of the CH-groups at positions 20, 22, or 23 in the side chain may be replaced by a nitrogen atom, or where any of the groups $-CH(CH_3)-$, $-(CH_2)_m-$, $-(CH_2)_n-$, or $-(CR_1R_2)-$ at positions 20, 22, and 23, respectively, may be replaced by an oxygen or sulfur atom.

99. The method of claim 98 wherein the disease is Crohn's disease.

100. The method of claim 98 wherein the disease is ulcerative colitis.

101. The method of claim 98 wherein the compound is administered orally.

102. The method of claim 98 wherein the compound is administered parenterally.

103. The method of claim 98 wherein the compound is administered transdermally.

104. The method of claim 98 wherein the compound is administered in a dosage of from about 0.01 $\mu\text{g/day}$ to about 100 $\mu\text{g/day}$.

105. The method of claim 98 wherein the compound is 2-[(3'-methoxymethoxy)propylidene]-19-nor-1 α ,25-(OH) $_2$ D $_3$.

106. The method of claim 98 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH) $_2$ D $_3$ (E-isomer).

107. The method of claim 98 wherein the compound is 2-[(3'-hydroxypropylidene)-19-nor-1 α ,25-(OH) $_2$ D $_3$ (Z-isomer).

108. The method of claim 98 wherein the compound is 2-[(3'-hydroxypropylidene]-19-nor-(20S)-1 α ,25-(OH)₂D₃ (E-isomer).

109. The method of claim 98 wherein the compound is 2-[(3'-hydroxypropylidene]-19-nor-(20S)-1 α ,25-(OH)₂D₃ (Z-isomer).